



PORT ANGELES OFFICE

118 East 8th Street • Port Angeles, WA 98362

Ofc: (360) 457-0431 • Fax: (360) 457-0765

SEQUIM OFFICE

490 North 5th Avenue • Sequim, WA 98382

Ofc: (360) 681-0585 • Fax: (360) 681-2808

www.peninsulabehavioral.org

September 5, 2013

Dear Community Partner,

Peninsula Behavioral Health will once again be offering Mental Health First Aid training this fall. Professionals, community members, family members, representatives of local businesses, and any interested parties who wish to improve their ability to identify, understand, and respond to signs of mental illness are welcome and encouraged to attend.

Mental Health First Aid is an 8-hour certification course that teaches participants a five-step action plan to assess a situation, select and implement interventions, provide referrals, and secure appropriate care for the individual. The certification program introduces participants to risk factors and warnings signs of mental health problems, builds understanding of their impact, and overviews common treatments. Evaluations in randomized trials and a quantitative study have proved this CPR-like program effective in improving attendees' knowledge of mental disorders, reducing stigma, and increasing the amount of help provided to others.

Mental Health First Aid was introduced to the United States in 2009 by the National Council for Community Behavioral Healthcare. Peninsula Behavioral Health is certified by the National Council to provide the Mental Health First Aid training and will maintain strict fidelity to the program, as do all sites across the nation that have been certified. For more information about Mental Health First Aid, see the enclosed brochure and visit the website:

www.MentalHealthFirstAid.org, or contact Julie Calabria at Peninsula Behavioral Health at 360-457-0431, Ext 158.

Mental Health First Aid Training will be held on Thursday and Friday, October 10th and 11th from 8:30 am to 1:00 pm. The cost of the training is \$60.00 which includes 8 hours of training by a certified trainer, the Mental Health First Aid manual, and a certificate. We look forward to having you join us in this important educational effort that we hope will reduce the stigma associated with mental illness in our community and move more people towards recovery.

Registration forms are located on our website at www.peninsulabehavioral.org

Sincerely,

Peter Casey, Executive Director